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BETTER FOR YOU



Pea & Asparagus Frittata



Recipe courtesy of Birds Eye www.birdseye.com.au

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Pea & Asparagus Frittata

Try this delicious frittata for breakfast, lunch or dinner



PREPARE
10 mins



COOK
40 mins



SERVES
4

INGREDIENTS

1	Small onion, peeled and thinly sliced
425g can	Edgell Asparagus Green Spears , drained & sliced
3/4 cup	Frozen Birds Eye Field Fresh Peas
4 cups	Medium eggs
1/2 cup	Reduced fat milk
2 tbsp	Plain flour
1 cup	Grated reduced fat tasty cheese



INSTRUCTIONS

STEP 1

Cook the onion in a frying pan for 2-3 minutes or until softened. Remove from heat.

STEP 2

Place onion, **Edgell Asparagus** and frozen **Birds Eye Garden Peas** over the bottom of a greased 20cm non stick cake tin.

STEP 3

In a medium sized bowl beat together eggs, milk, plain flour and tasty cheese and season with salt and pepper. Pour egg mixture into cake tin and bake in a preheated oven at 180°C for 35 minutes. Cut into wedges and serve with a side salad.

TIP For an extra flavour boost, add 1 clove of crushed garlic in step 1 with the onion.



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